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# TRAINING TIMES

Vol. 26 No. 8

Serving the 100th Area Support Group communities of Grafenwoehr, Hohenfels and Vilseck

April 26, 2005

## Vilseck to fete returned unit

### Tritt giving free concert for 3rd Brigade blowout

#### 100TH ASG PUBLIC AFFAIRS OFFICE

Country-music star Travis Tritt is set to be the headlining act of a two-day celebration in which the Vilseck community will officially welcome home the 3rd Brigade after its yearlong deployment.

Local Soldiers will take a victory lap around post during the Duke Trot May 3 (see *Playtime*, page 11).

Events on May 4 will begin at 1:30 p.m., when the Hilltop gym is rechristened "Memorial Fitness Center" as a tribute to Vilseck troops who have died since Sept. 11, 2001. Widows will be present at the dedication, during which Col. Dana Pittard, unit commander, will speak, before a bronze plaque engraved with the names of 34 fallen comrades and the date on which each died is unveiled.

The homecoming ceremony will begin at 2:30 p.m. on the sports field. Local German dignitaries will join U.S. commanders to honor returned Soldiers with a military band and salvos.

Afterward, festivities will move to the airfield, where a picnic featuring free food, a disc jockey and the 1st Infantry Division's rock group will run 3:30 to 6 p.m. A carnival including a carousel, a bungee jump, face-painting, a children's obstacle course, miniature golf, Formula 1 and snow- and skateboard simulators, a jumping castle, and a roller-ball ramp will be in full swing. Beer will be sold, and free shuttle service will be provided.

At 6:15, alternative band Blessid Union of Souls will perform. Although *Rolling Stone* magazine has compared the group to Lenny Kravitz, they are perhaps best known for their pop hit *Hey Leonardo*.

Comedian Christopher Titus, star of the television show *Titus*, which *Newsweek* described as "brilliant, brutal and audacious," will take the stage at 7:40.

Tritt's concert will start at 8:45. Since his first album, *Country Club*, went platinum in 1989, he has collaborated on two Grammy-winning compilations and won the Country Music Association's Horizon Award. In 1992, he was inducted into the Grand Ole Opry.

All concerts are free and open to ID cardholders and their guests.

The evening will culminate with fireworks, beginning at 10.



Photo by Alice Adler

### Love thy neighbor

Hohenfels students Brooke Warner, Alex Cruz and Stephanie Kozma take a day of their vacation from school to clear leaves from the playground of *Paedagogisches Zentrum St. Josef*, a German orphanage in Parsberg, April 13. The young Samaritans, all members of the local Chapel Youth Ministry chapter, performed the deed as their service project. For complete story, see page 8.

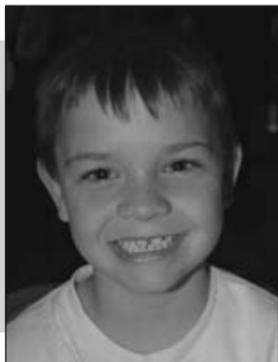
# Q&A

As the Month of the Military Child draws to a close, 'Training Times' asked those in the know, "What's the best thing about being one?"



**Gabriela Gonzalez, age 10**

"You get to travel and meet new people."



**Tommy Weiss, age 8**

"I want to be like my dad!"



**Ashley Smith, age 12**

"You get to have more experiences; you don't just live in the same place."



**Penny Lambert, age 10**

"They have fairs for the Month of the Military Child – and your dad gets a lot of money."



**Laura Copeland, age 4**

"Eating in the dining facility"

Interviews and photos by Alice Adler

## Message from BSB commander

# Time to celebrate teachers

BY LT. COL. JOSEPH MOORE  
409TH BSB COMMANDER

National Teacher Appreciation Week is May 1 to 7.

Let me take this opportunity to publicly recognize and thank our 160 teachers at Grafenwoehr Elementary School, Vilseck Elementary School and Vilseck Middle High School. They teach almost 1,700 students every day.

Thanks to each and every teacher for your efforts in keeping our children safe, physically and emotionally. For setting fine examples as adults: You are important role models our children and parents see daily. Thank you for teaching our students in classrooms, in the halls, at lunchtime, on the sports fields and in gymnasiums, at plays and musical events, and on educational and athletic team trips to Nuremberg, Naples, Bayreuth, Mannheim, Vincenza, and many other places. Thanks for your efforts on post and off; before, during and after school; on school days and holidays. Thank you for the extra time you give to our children and their parents and for the additional money you spend.



Thanks for listening to our children, their parents, military commanders and civilian leaders. Thank you for participating — often after regular school hours — in School Advisory Committees, school improvement plans, parent-teacher conferences, force protection and child abuse prevention briefings, faculty meetings, case study committees, and summer certification programs.

Let me also extend my sincere appreciation to all the other school employees: administrative, clerical and supply staff, as well as counselors, substitute teachers, and school bus officials.

Everyone who works in our three schools does an excellent job; you all are partners in our military readiness. Thank you.

I invite every community member to join me in thanking our teachers and school personnel. You can take a note directly to the school or send one with your student. Alternatively, go to Interactive Customer Service, or ICE, at <https://ice.disa.mil> and fill out a customer comment card (click on "Education and Training," then "School Liaison Officer"). Identify the school and the teacher; we'll deliver your message. But however you choose to do so, please take the time to say "thanks."

As 409th Base Support Battalion commander for almost two years, I have found it easy to support the schools. We have great students, great teachers and great parents. Together, they form a diligent team, and we are all part of working toward the goal of highest educational achievement.

*Editor's note: Please see our crossword puzzle especially for the occasion on page 11.*

## HISSES AND HURRAHS

Hurrah to those winning Future Business Leaders of America whose awards were omitted from an article in the previous edition: At the FBLA Spring Leadership Conference March 23 to 25 in Garmisch, Adrienne Pickett was also runner-up in the job interview category, and Lindsey Brocius and Lilian Santelices placed second in the team event of business graphics too.

The group of five students took third place overall, which was particularly impressive, given that this was their first year to compete. I started the chapter in September, after arriving from Bad Aibling.

Thanks to Michele Wolff, school liaison officer, and Yvonne Carstens, school nurse, who attended the conference, as well as Tod Reinhart, DoDDS-Europe state chairman, for his work with FBLA and helping us get ready.

Another hurrah for Ann Arnold's first-grade class and Laura Boles' fourth-graders, who collected the most stamps for Bethel, our service project. Bethany Parks assisted in distributing treats to the students and telling them of the effort. Thanks also to Susan Cothran, elementary school principal, and Margaret Honeycutt, teacher of talented-and-gifted classes, for donating stamps to this worthwhile cause.

Bob Delonge, Hohenfels

Hurrah to the Defense Commissary Agency, which celebrated Earth Day April 22 by kicking off its Just Say No to double-bagging campaign in commissaries around the world. The measure is meant to save money as well as the environment, and customers are

encouraged to request paper, rather than plastic, or — best of all — follow the example of our German neighbors by shopping with baskets and canvas carryalls.

Hiss to us for misspelling the name of a budding soccer star in the April 12 edition. Timothy Ray of Vilseck sent a most gracious e-mail, in which he politely requested that a correction be printed.

Ed.



Submissions to *Hisses and Hurrahs* should be sent via e-mail to the editor at [cara.matlock@graf.eur.army.mil](mailto:cara.matlock@graf.eur.army.mil), or faxed to 475-7935. Please include a brief description of the episode, along with your name and community, a telephone number or e-mail address, and the name of the person you deem worthy of mention, if known. Identities of those to be censured or criticized should not be revealed: We wish to invoke only private shame, not public stonings.

## Training Times

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## Free camps aim to help youth cope

### IMA-E PUBLIC AFFAIRS

Children of deployed service-members have the opportunity to attend all-expenses-paid summer camps in Europe.

Operation Purple Camp Italia in Camp Darby, Italy, and Camp Bavaria in Garmisch will offer middle- and high-school students a free week of activities related to deployments, with recreation and leisure, teams, art projects, motivational speakers, and forums.

Now in its second year, Operation Purple Camp hosted nearly 1,000 children at 12 stateside locations last year. Installation Management Agency-Europe's Morale, Welfare and Recreation Division expanded the program to include dependents overseas. The camps are open to children whose parent serves in any branch.

Operation Purple Camp Italia, July 17 to 23 or July 24 to 30, is for sixth- to eighth-graders. High-schoolers will attend the Bavarian sessions, Aug. 21 to 27 or Aug. 28 to Sept. 3.

Applications are available from local youth centers or Army Community Service and at [www.mwr-europe.com](http://www.mwr-europe.com). Submission deadline is May 15.

Space is limited, and priority is given to children of service-members currently downrange, then those whose parent has returned, followed by those for whom deployments are pending. Selections will be made before the end of the school year.

For more details, call IMA-Europe Child and Youth Services at 370-7486 or 06221-57-7486.

## Sound off to MWR

### PRESS RELEASE

Members of the Grafenwoehr, Hohenfels and Vilseck communities will be chosen at random to participate in the Army-wide Morale, Welfare and Recreation Leisure Needs Survey.

This poll gathers information about customers' activities, as well as satisfaction with facilities and programs, using the results to improve quality of life.

Customized for each community, this year's survey will be distributed to active-duty Soldiers, spouses, civilian employees and military retirees, either at their workplaces or through the mail.

Recipients may fill out the form that arrives or log on to a secure Web site. All responses are anonymous and confidential.

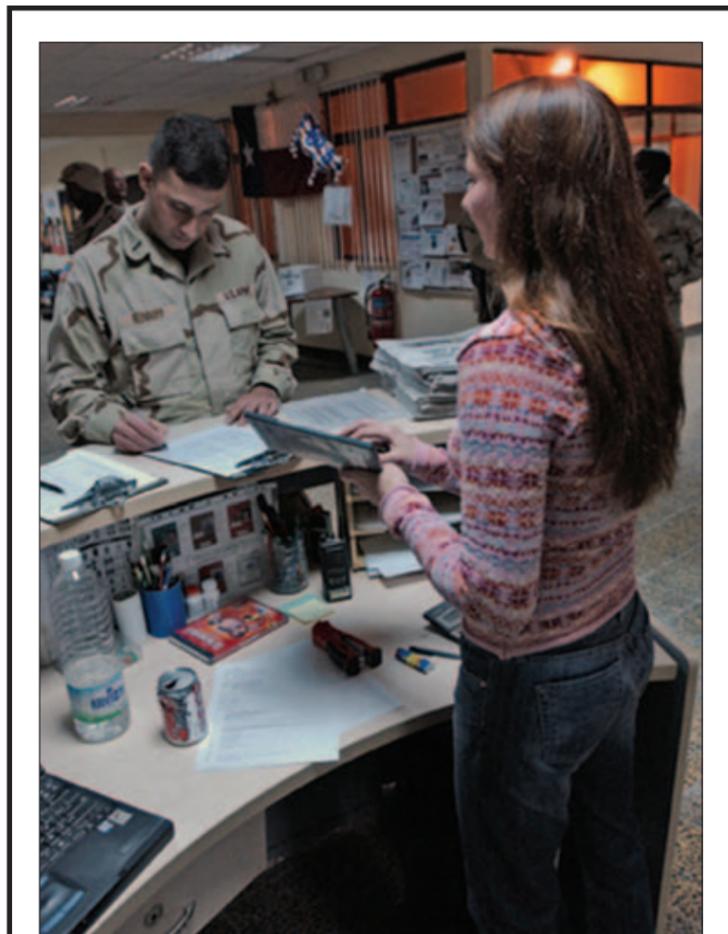


Photo by Staff Sgt. Duane Brown

### Seats in front

**1st Lt. Tom Kenniff, 42nd Infantry Division, checks out a DVD at the Forward Operating Base Speicher Movie Armory in Tikrit, Iraq, from manager Kara Luginbill. Air Force Tech. Sgt. Kevin Johnson of the Alaska Air National Guard began the film library, which is the only downrange source from which to borrow movies. While deployed, Johnson worked with Veterans of Foreign Wars and Girl Scouts to amass the collection and hopes to help others do the same at FOBs throughout Iraq and Afghanistan. For information about starting a movie armory, visit his Web site at [www.dvds4troops.org](http://www.dvds4troops.org).**

## New medals denote Iraq, Afghanistan vets

### AMERICAN FORCES PRESS SERVICE

WASHINGTON – Two new campaign medals will recognize servicemembers for their contributions in Iraq and Afghanistan, the Department of Defense announced April 7.

The Afghanistan Campaign Medal and the Iraq Campaign Medal will honor those who directly supported Operation Enduring Freedom between Oct. 24, 2001, and a point to be determined or Operation Iraqi Freedom from March 19, 2003, until some future date.

Before these distinctions were established by presidential order, anyone deployed to Afghanistan and Iraq during the designated time frames was given the Global War on Terrorism Expeditionary Medal.

“By awarding separate medals, we will recognize the specific contribution that our servicemen and -women have made in Afghanistan and Iraq,” said Bill Carr, deputy undersecretary of defense for military personnel policy. “It’s appropriate that we present them with an award that truly honors their heroic service in these operations.”

Those eligible for the Global War on Terrorism Expeditionary Medal remain qualified for it, but officials said they may apply for the appropriate new one as well.

Military personnel who meet the requirements for each of the new medals may receive both, but the qualifying period for one does not justify eligibility for the other. Only one of each is authorized, as no service stars have been prescribed. Both may be awarded posthumously.

All three medals may not be worn for the same act, achievement or period of service.

The area of eligibility for the Afghanistan Campaign Medal includes all of the country’s land and air spaces. The Iraq Campaign Medal applies for service in that nation, its waters out to 12 nautical miles, and the airspace over Iraq and its 12-mile water area.

To qualify for the awards, one must have served in the appropriate region for 30 consecutive or 60 nonconsecutive days.

Those who have fought in an armed engagement, regardless of the time spent in the area of eligibility, or were wounded or injured and medically evacuated from that area during a military operation or other official duties, may also apply for the medals.

Regularly assigned aircrew members flying sorties into, out of, within or over these areas to support operations qualify as well, with each day of service equivalent to a day of eligibility.

## Local representatives ready for AFAP

BY ALICE ADLER  
TRAINING TIMES STAFF

The annual European Army Family Action Plan conference will draw 75 delegates to the Village Pavilion in Heidelberg, Germany, for discussions of community issues.

The 100th Area Support Group will be well-represented this year, according to Michelle McLaughlin, 100th ASG AFAP program manager.

“Last year they requested two delegates from the 100th ASG,” she said. “This year, we’re sending 11: seven delegates from the 409th BSB [Base Support Battalion] and four from the 282nd BSB.”

The AFAP process starts at the grass-roots level when members of military communities — Soldiers, retirees, civilian employees and family members — submit issue sheets describing local problems. These are gathered and presented at BSB and ASG conferences by groups of people chosen to represent a cross-section of Army life.

“Each BSB and ASG conducts an annual AFAP conference where participants identify, develop and prioritize community concerns about well-being and quality of life,” said Ricky Gibbons, Army Community Services chief, in an Installation Management Agency-Europe release.

“While about 90 percent of these items are specific to the community and can be addressed there, issues that cannot be resolved locally are forwarded by the ASG commander for inclusion in our Army in Europe AFAP conference.”

The top nine concerns to emerge from the 100th ASG conference in January were as follows:

- Spaces in Department of Defense Education Activity schools;
- Eyeglasses for eligible

Tricare beneficiaries;

- High-school baseball;
- Living-quarters allowances;
- Deployment Cycle Support Program standards;
- Pregnancy and Postpartum Fitness Program;
- Child and Youth Services fees;

*Last year they requested two delegates from the 100th ASG. This year, we’re sending 11.*

Michelle McLaughlin  
program manager

- Vouchers for child care;
- Overlapping deployments for two-Soldier families.

In Heidelberg, the procedure will start over, as delegates again choose the most relevant

issues for briefings to U.S. Army Europe and IMA-E leadership at the end of the conference.

Problems that cannot be solved at the USAREUR level will be sent to the Department of the Army conference in November. There, issues will be prioritized

and sorted for the General Officers’ Steering Committee in Washington, which will also review those from past AFAP conferences to ensure they are being resolved.

Concerns that make the cut can yield major results. In its 21-year history, AFAP has been the catalyst for 83 changes in legislation, 150 new or revised policies, and the establishment or improvement of 140 programs and services.

What becomes of issues that do not advance? Every submission is worked at the lower levels, and all those from the 100th ASG are published annually, along with the actions they generated, in a book distributed to communities.

“It is an excellent process,” said McLaughlin. “It is specifically designed so that community members get their voice heard. You are guaranteed to get a response to your issue, one way or another.”

For more information, log on to [www.100thasg.mwr.army.mil/acs](http://www.100thasg.mwr.army.mil/acs).

# Reading 'Red Hot' among youngsters

BY KATHY JORDAN  
TRAINING TIMES STAFF

Vilseck Elementary School's annual Red Hot Readers program came to an end April 1, and once again, students exceeded the faculty's expectations.

"They met their goal incredibly well," said Dr. Robert Allen, principal. "They went over 33 percent beyond the goal. In fact, we may have to raise the goal."

Although the target number was 300,000 minutes, they read for 404,000.

"The children were very excited to know they reached their goal," Allen said. "We

hype it up to the very last minute, and the announcement is made in the multipurpose room. Then I have to perform my stunt."

This year, that meant dressing up as the April Fool, in honor of the day on which the event fell.

The victorious children, costumed as their favorite characters, danced in celebration of their accomplishment.

For the past 18 years, teacher Ahni Rush has been a proponent of Red Hot Readers.

"This program gives children a desire to read," said Rush. "When you read to kids from the very earliest time, you develop

language skills, the ability to pay attention and focus. There is so much that comes out of reading that it is important for everyone. It's lifelong learning."

Rush was joined in her effort 13 years ago by teacher Johnetta Gillies, who said she shared her colleague's zeal. Since that time, the duo, along with other staff members, has worked to make it better each year. According to Allen, Vilseck now has the distinction of doing an entire month of bookish activities.

"Red Hot Readers is a program that turns kids on to reading," said Gillies. "It is a

program that makes them want to read and read and read more."

Plans for the 2006 event are under way. "Our idea is to promote reading: Next year we are going to change the month so we include spring break," Allen explained. "We want kids to read, and we found a way that they can read more."

He praised the committee of teachers who calculated times for the program and judged door-design and other contests over the weeks.

"We are very grateful to them for another year of going the extra mile," Allen said.

## Grafenwoehr's second health fair to make fit use of sergeants' time

BY SHELLBY JONES

100TH ASG HEALTH PROMOTION COORDINATOR

May is National Physical Fitness and Sports Month. To celebrate, the Grafenwoehr Field House will play host to the second annual 409th Base Support Battalion Health and Fitness Fair May 12.

Because this will fall on a Thursday, military leaders and community supervisors are encouraged to permit their Soldiers and employees to attend during sergeants' time training.

Members of the Vilseck community who wish to attend may use the shuttle service.

At the event, troops can do a little professional development, learning about nutritional supplements, performance diets, high-caliber nutrition in the field and injury prevention.

Meanwhile, civilians will participate in a range of hands-on activities — physical, spiritual, medical, dental and environmental — run by on-post organizations.

The day will kick off with a two-kilometer community fun run (see *Playtime*, page 11),

and the fair itself will be open from 10 a.m. to 6 p.m.

During this time, Micro-Fit fitness assessments will be conducted and exercise "prescriptions" given. Information on local Sports and Fitness department programs will be available as well.

A variety of fitness classes will be taught throughout the day. The schedule is as follows:

- 10:30 — Aerobics
- 11:45 — Spinning
- 12:30 — Kickboxing
- 2 — Resist-a-ball
- 2:45 — Aerobics
- 3:30 — Kickboxing
- 4:15 — Resist-a-ball
- 5 — Spinning

Other programs will include a women's self-defense demonstration at 1:15 and an orientation of gym equipment at 3.

For more information, call 475-8433 or the 409th BSB Sports and Fitness department at 475-8207.



Photo by Cara Matlock

### Flower power

Caecilia Meier, 409th Base Support Battalion Environmental Office, uses a bloom-filled window box to teach kindergartners and first-graders from Grafenwoehr Elementary School the importance of ecosystems during the Earth Week story hour at the library April 18. Her chat followed a play in which she performed with (left to right) librarian Cornelia Camerer and library employees Kathy Henderson and Barbara Siebert.

## In brief

### Female forum

Military women who have returned from Iraq are invited to talk about their experiences during a discussion group today, 3:30 p.m., on the second floor of building 316 in Vilseck.

For more information, call Amy Parke, at 476-2100.

### Goods in Grafenwoehr

The Tower View Restaurant and Conference Center in Grafenwoehr will host the annual spring bazaar: April 29, 12 to 7 p.m.; April 30, 10 a.m. to 6 p.m.; and May 1, 11 a.m. to 4 p.m.

On sale will be French and German antiques, Bavarian Loden coats and other clothing, Dutch cheeses, pewter, table linens, Turkish carpets, grandfather clocks, Birkenstock shoes, Italian wine and pasta, Beanie Babies, military prints, paintings, and porcelain dolls.

The event is open to U.S. ID cardholders only, and cash, checks and credit cards

will be accepted.

### Red Cross classes

- The American Red Cross will offer a free volunteer orientation May 3, 9:30 to 11:30 a.m., in Vilseck.
- The Grafenwoehr office will teach a course in first aid, including techniques for adult, child and infant CPR, May 6, 9:30 a.m. to 4:30 p.m. The \$35 fee must be paid in advance with a check or a money order.

For more information about either class, call 476-1760 or 475-1760.

### Meal for mums

Mother's Day brunch will be served at Grafenwoehr's Tower View Restaurant May 8. Seatings will be 10 to 11:30 a.m. and 12 to 1:30 p.m.

Reservations are recommended but not required. Call 475-6200.

### OCS board

The next Officer Candidate School board

is set for May 9, 9 a.m., in the command conference room of post headquarters, building 621, in Grafenwoehr.

Packets must be submitted to G-1 by May 2. Applicants should contact their S-1 for assistance.

### Heated competition

A chili cook-off is set for May 14, 12 to 3 p.m., in the Vilseck Langenbruck Center.

The contest is open to teams as well as individual cooks, who will be judged on the aroma, appearance and taste of their dish.

First-, second- and third-place prizes will be awarded.

The \$25 entry fee must be paid by May 12. Entry forms are available at Langenbruck.

For more details, call 476-2360/2294.

### Getting ready for kindergarten

Vilseck Elementary School will host kindergarten orientations May 13 at 9:30 a.m. and 1:30 p.m.

Parents and new pupils are invited to

attend this program presented by staff from the school, the Child Development Center, the library, and Educational and Developmental Intervention Services.

### Closures, changes

- On April 29, the vehicle registration office in Grafenwoehr will be closed, and the Vilseck office will be open only until 10 a.m.

- The airfield gate in Vilseck will be closed after morning traffic April 29 and remain so until May 8 because of the 3rd Brigade homecoming festivities (see page 1).

- The commissary as well as Army and Air Force Exchange Service stores in the Vilseck shopping center will not open until 11 a.m. May 3 because of the 3rd Brigade's Duke Trot (see page 11).

- Gate 3 in Grafenwoehr will be closed May 2 to 13 because of road construction.

- Community Bank in Grafenwoehr will be closed May 5 for Ascension Day. On May 11, the bank will be open only from 11 a.m. to 4 p.m. because of staff training.



Photo by Alice Adler

**Dave Stevenson cooks on the grill behind his house in Velburg. Note that the area is free of branches and other debris that might ignite, causing a well-planned cookout to go up in smoke.**

## Fire up grill, sizzle safely summer long

### AMERICAN RED CROSS

As the sun makes more frequent appearances and the weather warms up, people roll out their grills. Don't let your eagerness for the first perfect burger of the season lead you to ignore a few safety rules:

- + Make sure the grill, barbecue or propane tank is in an open area with no overhanging trees or branches;
- + Rake nearby leaves, twigs and other flammable vegetation into a pile, clearing a 10-foot area around the grill;
- + Place a nonflammable screen of mesh no coarser than one-quarter inch over the cooking surface;
- + Keep children away from the grill and make sure they play at a safe distance.

If you do get burned, remember these treatment tips:

- + Stop the burn by putting out flames and removing the victim from the source;
- + Cool the burned area with large amounts of cool water — never ice or ice water (except on very small surface burns);
- + Apply soaked towels, sheets or other wet cloths to the face or parts that cannot be immersed, and keep these cool by adding more water;
- + Cover the burn with dry, sterile dressings or cloths, loosely bandaged in place to prevent infection and reduce pain, or cover the burned area with a dry sheet.

Call an ambulance if the burn:

- + Causes breathing difficulty;
- + Covers more than one body part or includes head, neck, hands, feet or genitals;
- + Involves a child or elderly person (except in very minor cases);
- + Is the result of chemicals, an explosion or electricity.

# Paying attention to deficit disorders

BY KATHY JORDAN  
TRAINING TIMES STAFF

In celebrating the Month of the Military Child, those deemed normal and well-mannered are seen as poster children for the observance, while others who have special needs are sometimes overlooked or misunderstood.

Children with attention-deficit/hyperactivity disorder are characterized as being in constant motion and lacking direction. They perform poorly in social settings and classrooms, often failing to complete tasks or stay focused.

"Parents really do not want to label their children, and they don't want people to know they have children with an ADHD diagnosis," explained Mirian Houston, Exceptional Family Member Program manager. "We try to encourage them to come out to the family support group meetings, because it allows you as a parent to open up to other parents in the same situation. You get new ideas on doing things with your child and different resources in the community you may not know about until you actually meet with those parents."

Renee McCall, whose six-year-old son has been diagnosed with this condition, confessed that she had missed the clues.

"With my son, I knew something was different, but I didn't know what it was," she recalled. "I didn't know what ADHD was. I was never aware of it ... until my neighbor, whose son was a lot older, told me that my son reminded her of her son. She explained what it [ADHD] was about."

It is not always easy, however, and parents must act as advocates for their children.

"When I asked one of my son's teachers if they thought that ADHD could be why he acted the way he did, they said they did not see that," said McCall. "But as time went on

and he got expelled from school, I kind of put my hands up in the air, went with my gut feeling and asked for a referral."

An evaluation of her son revealed telling differences between him and other students his age.

"My son was 10 to 40 percent 'on task,' when an average child in his age range is anywhere from 80 to 100 percent," she said.

McCall herself finds things as simple as filling out questionnaires tough.

"It's the hardest thing ... A typical question asked on individualized test is, 'Is your child normal or average?'"

What's that? I actually don't know how to fill out some of the

questionnaires, because I don't know what 'normal' is."

In many ways, McCall said, her son would be considered above-average.

"He can put a puzzle together in a heartbeat," she began. "He can take all his toys apart and put them right back together. At one year old, he was climbing out of his crib and going all around the house. I literally had two gates in my doorway just to stop him from getting out, and he got smart enough to push the toy box over and get out. He outwitted me so many times — and he still outwits me sometimes."

Such advanced problem-solving abilities are not unusual with affected children, which compounds the problem of identifying the disorder.

McCall wished to assure parents who had no personal experience with ADHD that it was a medical condition.

"Some people will say to me that it is just an excuse for my child for being bad," she

said. "It's not an excuse; it's nothing he can do to control himself."

According to Houston, detecting it while a child is young will afford benefits later in life.

"If a child is not diagnosed early with ADHD, they go into adulthood not knowing why they are so forgetful, why they can't actually function on a daily basis like other people," she said. "But if they are diagnosed early, then it is brought into perspective, and they can function better on a daily basis."

Houston wishes to recruit more experts who can offer support locally.

"If I can get other parents together, hopefully, we can

Renee McCall

*A typical question is, 'Is your child normal?' What's that?*

bring professionals from other areas, such as Specialized Training of Military Parents [STOMP] here." Designed for all special-needs children, this program offers a key advantage, as its name suggests: "They are familiar with the military area, which is totally different from the civilian sector ... They will train [parents] to get resources and put together ... support groups." STOMP, she said, "would open up a whole new world for families with children with ADHD."

In the meantime, McCall said she would soldier on.

"I deal with the situation day by day," she said. "Every day is different. You never have the same day. It's my life. This is what God gave me — two beautiful children — because he knew I could handle it. I'm strong enough to deal with this, and it will make me stronger."

For more information, call your EFMP manager: Mirian Houston at 476-2126 in Vilseck or Cheryl Carter at 466-2083 in Hohenfels.

## On your mark, get set for spate of races

BY SUE BIEGELEISEN  
SPECIAL TO TRAINING TIMES

For runners, spring brings increased opportunities to race (see *Playtime*, page 11). If you don't feel ready to take on the competition, just follow these tips to help you survive — and thrive — through a route of three kilometers or a half-marathon.

Whether your goal is to win, set a personal record or simply finish on your feet, these pointers should enhance your experience.

### Before the race

- Find out which drink(s) will be served at water points, and avoid mid-race cramps by doing several training runs with that product beforehand. If you have never trained with a sports beverage, just drink water.
- Prepare by running on hills, if necessary. The Hohenfels Box Run, for example, will comprise several on the 10-kilometer and the half-marathon courses, which also include slight downhill starts and uphill finishes.
- Get plenty of rest two nights before the race. You probably will not sleep well the evening before, because of pre-race excitement and nerves.
- Pack and organize your gear the night before the race to prevent last-minute scrambling in search of shorts, your lucky shirt, et cetera.

- Eat something familiar and easy on your stomach the night before. Loaded with digestible carbohydrates, pasta is a good choice. Save that new Thai or Indian restaurant until after the race.

### The big day

- Have breakfast about two hours before the race starts. It too should be easy to digest. Some good pre-race choices are cereal, toast, bagels or energy bars.
- Wear only clothing that has been thoroughly tested on a long run. Even socks should have undergone a distance trial — especially if being worn for a half-marathon. New gear can result in chafes or blisters.
- Shoes should be completely broken in. Those that have been worn for about a month are best. Never race in brand-new shoes; the resulting blisters can be extremely painful.
- Take your last drink of water about 30 minutes before the race. This allows plenty of time to use the bathroom before the starting gun.
- Fast runners should start in front and slower ones toward the back.
- Begin the course below your goal pace and gradually speed up later. Novice racers and those in small fields can find it easy to get sucked into a fast clip too early. A good rule to remember: For every second per mile

that you start out over your goal pace, you will lose five seconds per mile at the end. Moreover, passing tired runners at the end of a long race is a real mental and physical boost.

- At water points, take a cup and quickly move away from the table to show consideration for others.

### Post-race recovery

- After a long run, particularly in warm weather, your feet will swell. Take a pair of sandals and dry socks to wear afterward. To avoid cooling off too quickly, have a dry shirt and a pair of tights or sweats as well.
- The best thing for aching leg muscles is cold. Take an ice bath or run cold water on your legs in the shower. This reduces swelling and speeds healing. Hot baths and Jacuzzis are not beneficial until 48 to 72 hours after the race.
- Walking is a good way to prevent stiffness. Ibuprofen will also relieve pain and muscle inflammation.
- The general rule is to allow one day of recovery for every mile raced. Walk during the first few days, until the soreness is completely gone. Then do light running until the period is over.

Keep to this schedule, and you should be fit in time for your next race.



Keanu Jennings simulates a volcanic eruption – within a cardboard box – for onlookers (clockwise) Samantha, Phillip and Genevieve Elmore.



High-school principal Maureen Belanger teaches Christopher Pippin to count using M&Ms at Hohenfels' Math, Science and Technology Night March 30.



Wesley Garnes helps Shannon Mitchell to complete a block puzzle.



D'Andre McCoy plays a tune on a row of variously filled bottles while vice principal Ron Lathrop, Scott Modeste and Victoria Nelson listen.



Cameron Reynolds and Eric Wollersberger observe Anthony Elmore (right) demonstrate a tornado in a bottle.



Admission to Hohenfels' annual science fair? Simply a childlike

# Sense of Wonder

Story and photos by Alice Adler

Every year, Hohenfels' elementary and high schools combine to play, learn and explore the perplexities of the empirical world during Math, Science and Technology Night. Exhibits run by students, teachers and the Viper observer-controller team radiated through the hallways to every corner of the first floor – classrooms and the cafeteria – spilling over onto the grounds March 30.

Maureen Belanger, high-school principal, called the evening "one of my favorite events. You get to look; you get to touch; you get to feel things."

Research bore out her hypotheses, as hands-on activities drew spectators like moths to a flame. In the art room, pupils concentrated as, supplied with a limited amount of tape and a few strands of dry spaghetti, each attempted to construct the tallest freestanding tower.

A commodious Skylab equipped with a miniature planetarium for stargazers had been inflated within the cafeteria. Automaton hit golf balls and picked up objects inside the robotics laboratories.

As they passed through the corridors, students paused to peek at a feather under a microscope, learn about sailing or watch a roller coaster built by their peers. Farther along, they gazed into a mammoth fish tank and tried to guess how many milliliters of water it contained.

In many rooms, students showed their own science

projects, from homemade cosmetics to the correct substance for apple mummification.

Behind the school, the Viper OCs had parked their telecommunications truck and set up television cameras. While a team of youths taped their classmates clowning around, others viewed the footage from inside a control van nearby.

Genevieve Elmore said she had enjoyed seeing her friends on-screen, adding, "I am glad I came."

Attendees echoed her enthusiasm but could reach no conclusion as to the most scintillating display.

"I liked the sound with the church bells," said Maggie Rodman of one exhibit in which elementary school vice principal Ron Lathrop replicated various tones, and Amanda Sublett agreed that his results had been quite realistic.

Anthony Elmore preferred the Skylab, however, saying, "I learned the positions of the stars and what the constellations look like," and Michael Tucker concurred, citing "the robots [and] the new experiments" as other favorites.

His brother Kyle was impressed with the entire evening: "It was great – better than last year."

Martha McIntyre, the seventh- and eighth-grade mathematics teacher who organized the event, confirmed this, saying, "It just gets better and better," adding that she planned to continue the fair countless times. "Be ready for next year."



Kyle Brown watches a tiny automaton as it tracks a tabletop line inside the robotics laboratory.



(Clockwise from left) Inside his classroom, art teacher John Tobin measures the height of Ronald Sloan's spaghetti tower. Attempting to build his own, Spec. Joey Hadley, an observer-controller with the Viper team, fiddles with the allotted resources: pieces of uncooked pasta and a meager amount of tape. A number of students presented their own projects during the event. Giving science a decidedly feminine slant, Lindsey Brocius made makeup at home and brought samples of her concoctions to the fair. Here she applies eyeliner to Tiffanie Taylor, one of many girls who volunteered their faces in the name of science.

## A little spring cleaning

# Youths use holiday to brighten orphans' home

BY ALICE ADLER  
TRAINING TIMES STAFF

Some students while away their spring break lying on the beach, the envy of those who must bide their time lounging in front of the television. A few in Hohenfels, however, opted to spend their vacation making a difference.

Members of the local Chapel Youth Ministry chapter volunteered to spruce up the playground of the *Paedagogisches Zentrum St. Josef* orphanage in nearby Parsberg. They raked the grass, gathered the last of fall's leaves, swept the basketball court and cleaned out the sandbox for children at the center.

The needs of *St. Josef* had come to the religious community's attention at Christmastime, when the Catholic congregation gave presents to the 84 orphans there. The CYM students approached the directors of the facility and asked what they could do. Since the *Hausmeister* had fallen ill, their offer came just in time to step in as groundskeepers for the oft-used playground.

April 13 dawned cold, blustery and decidedly unspringlike, but the students went to work,



tidying the space the orphans call home.

"For me, it feels good to help out people," said sixth-grader Brooke Warner.

Freshman Stephanie Kozma

agreed. "Look what we have," she said, citing the comparative comforts of their daily lives. "Just because we 'have it all' doesn't mean we don't mind sharing."

Alex Cruz, a junior, said he

Patricia Poole, Catholic chapel parish coordinator, and non-liturgical youth leader Cathy Spoon pitch in with members of Chapel Youth Ministry to rake leaves at the *St. Josef* orphanage in Parsberg April 13.

Photo by Alice Adler

enjoyed the project as well.

"I don't really mind the hard work much," he said.

During their endeavors, the students made the acquaintance of some German children there.

"It was cool," said Stephanie, "very interesting."

Patricia Poole, parish coordinator for the Catholic chapel, noted that the feeling had been mutual.

"Meeting children from America: To them that is very exciting," she said.

CYM plans to maintain the relationship. In the summer, an elaborate jungle gym will be built at the orphanage, and the students hope to lend a hand.

"It's a good way to expose our youth to German youth," explained Poole.

*Paedagogisches Zentrum St. Josef* accommodates 40 orphans who live there year-round and serves as a school and foster-care

facility for many more children.

The staff also visits the residences of those at risk, offers psychological treatment and runs group homes in Neumarkt for teenagers learning to make their way in the adult world.

CYM is for students in grades six through 12, and membership is not limited to churchgoers; anyone can get involved.

"The CYM is for everybody," said Cathy Spoon, non-liturgical youth leader.

Over the past several months, the group has gone white-water rafting and taken trips to local sights. They continue their search for service projects and meet weekly in the Religious Activities Center, across from the commissary: middle-school students on Sundays, 4 to 5:30 p.m., and high-schoolers on Wednesdays 5:30 to 7 p.m.

For more information about CYM, call Spoon at 466-4795.

## In brief

### Suggestions sought

The community is invited to a conference titled Deployment Lessons Learned today and April 27, 11 a.m. to 3 p.m.

Discuss your experiences and give ideas for changing office and store hours of child care, the library, Army and Air Force Exchange Service, et cetera. Issues will be forwarded to the U.S. Army Europe-level conference in May.

For more information, call the Army Community Service Mobilization and Deployment program at 466-2081.

### Portraits for posterity

A family photo shoot is set for May 15, 10 a.m. to 4 p.m., at Lasting Impressions Photography, inside the Community Activities Center.

A \$20 fee, which includes a free five-by-seven photo, must be paid when making an appointment. To book your sitting, stop by the Arts and Crafts Center.

Call 466-2538 for more information.

### Hurricanes to host camp

The Hohenfels Hurricanes and the American Red Cross will co-sponsor their annual swimming camp June 20 to 24, 9 a.m. to 1 p.m., at the Neumarkt *Freibad*.

The fee is 100 euros, and children must be 5 or older to attend. Space is limited.

To register, call Beth Hoeh at 09492-7308.

### Closures, changes

• Many Army and Air Force Exchange Service locations will reduce hours

beginning May 16.

- The main store will be closed Mondays and German holidays; it will be open Tuesday through Saturday, 11 a.m. to 7 p.m., and Sundays, 11 a.m. to 5 p.m.

- The food court will also be closed on Mondays and local holidays, except during training rotations.

- The PXtra and the furniture store will be closed Monday through Wednesday and local holidays.

- During the Volksfest (see page 9), gate 1 will be temporarily relocated, near the turn to the commissary, allowing the public to the fest and the high school. It will be closed to through traffic during Volksfest hours, but parents who must pick up students at both schools may do so from 3 to 6 p.m. Access to post during the fest will be through gates 2, 3 and 5 only at the following times:

April 29	2 p.m. to 2 a.m.
April 30	6:30 a.m. to 2 a.m.
May 1	9 a.m. to 2 a.m.
May 2 to 4	3 p.m. to 2 a.m.
May 5	9 a.m. to 2 a.m.
May 6	3 p.m. to 2 a.m.
May 7	11 a.m. to 2 a.m.
May 8	9 a.m. to 11 p.m. (gate 1 closed until 2 a.m.)

- Starting May 1, the thrift shop will have a second consignment computer, which should reduce customers' waits. Checks should also be printed in a more timely manner. Community support has made this possible, and volunteers are always needed. Call 466-2798 for details.

## Practicum makes perfect for teenaged employees

BY BRET GREEN  
HOHENFELS JOURNALISM CLASS

The Career Practicum program, formerly known as Cooperative Work Experience, offers students at Hohenfels High School the opportunity to explore different careers as part of the curriculum.

With 31 students working at 22 sites for one to four school periods each day, coordinator Bob Delonge said that he considers the year a real success. To keep tabs on his students and their jobs, he depends upon the good relationship he has formed with each of the employers. Delonge said he stays in close contact with them, corresponding via e-mail, over the telephone and in person, stopping to ask about a student if he sees his boss on the street.

Delonge explained that the students are expected to keep track of themselves as well, however. "Accountability and responsibility" are the bywords of the CP program, he said. Every student has a time sheet which must be filled out each week, and employers write progress reports.

With help from Michele Wolff, school liaison officer, Delonge found jobs for all of his students, driving around and searching for openings in his free time. His goal, he said, was fitting them to jobs they might enjoy and find helpful to their futures. At the

beginning of the year, Wolff and Doris Cornell helped with young employees' transportation too.

Fred Germer, a senior who works at Raytheon, said he enjoyed his job, which allowed him to work with his hands, many different tools and heavy machinery. He also learned to build the "mile-system torso." Fred said that the experience he has gained will be useful later in life, because he hopes to join the Air Force as an airplane mechanic.

Fred gets paid but does not work after school or on weekends, as do some CP students. Senior Brandon Allen Baxtor, for example, had a job at the commissary and a free period at school. He decided CP would help him get extra credits and extra cash. Although these hours cut into his free time, Brandon said he didn't mind, because the job "gives me something to do." He has no career plans at the commissary, but pointed out that a government job would look good on his civilian resume. Brandon added that he had learned to work with people — and various types of fruit.

Career Practicum allows students to find out which sort of job best suits them. Along the way, they learn skills, acquire knowledge, meet people and take their first steps into the working world.

**Off post**

- In the final weeks of World War II, the Allies bombed the town of Grafenwoehr on April 5, 1945, and again three days later. In remembrance of this, the local military museum will host 60 Years of the U.S. Army in Grafenwoehr, an exhibit of photographs and equipment, through Aug. 31, one of the so-called "95-60-50" events (see photo at right), which will run through July 4.

- A number of spring festivals are under way in the surrounding area through May 8: on the *Volksfestplatz an der Breitenau* in Bamberg, in Weiden at the *Festplatz* on Leuchtenberger Strasse and on the *Festplatz* in Sulzbach-Rosenberg.

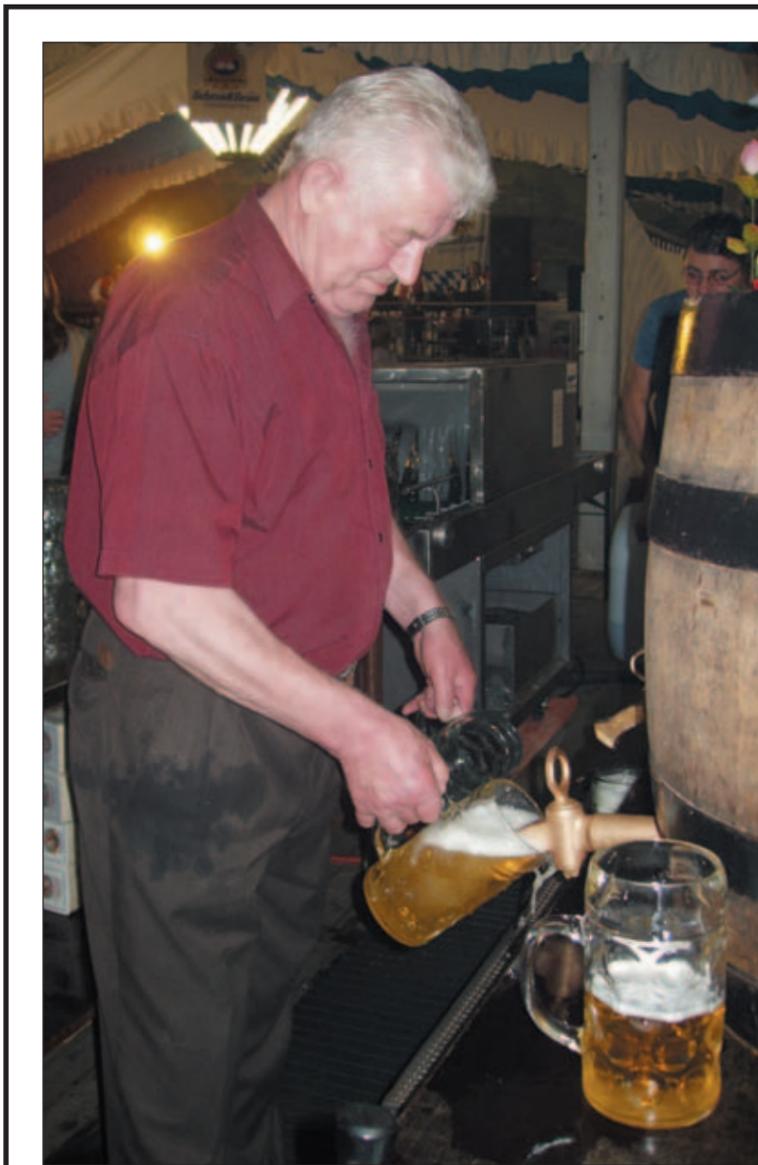
- The village of Hohenfels will host a Volksmarch April 30, noon to 3 p.m., and May 1, 7 a.m. to noon. For a route, call Herr Zewe at 09472-1247.

- Local German and American karaoke finalists will compete in the Amberg *Musikomm* concert hall April 30, 8 p.m. Spectators are welcome; admission is 5 euros. For more information, call 09621-42660 or e-mail to musikomm@t-online.de.

- Thousands of soccer fans are expected in the city of Vilseck, and Americans are invited to join the mania. The run-up to the World Cup in Germany will kick off there May 5, beginning at 9:30 a.m. Two fields on the market square will feature games between Bavarian schools, and *Bayern 3* will broadcast live, 7 p.m. to midnight. For more information, log on to [www.vilseck.de/index1.htm](http://www.vilseck.de/index1.htm), [www.bfv.de](http://www.bfv.de) or [www.soccafive.com](http://www.soccafive.com).

**Clubs and organizations**

Members of the Army Chemical Corps are invited to the European Chemical Corps Ball June 3, 6 p.m.



**'Bier hier'**

A Bavarian dispenses his native brew to revellers at last year's Hohenfels Volksfest. This spring, the annual event will have an even stronger local flavor, as it is part of the cross-cultural "95-60-50" celebrations to commemorate jointly the 95th year of the Grafenwoehr Training Area, the 60th anniversary of the U.S. Army's postwar arrival in the area and the 50th year of the *Bundeswehr's* existence. Set for April 29 to May 8 at the *Festplatz*, the festivities will feature carnival rides, a variety of food, and live music daily, as well as the Box Run (see page 11), children's events April 30, sumo wrestling May 1 and 5, military vehicle displays May 1, presentations by the Society for Creative Anachronism May 1 and 7, a Volksmarch (see *Off post*, top left), and fireworks April 30 and May 7.

Photo by Alice Adler

to midnight, at the Village Pavilion in Heidelberg, Germany. The event will feature dinner, an open bar, live music and dancing. Cost is \$30, or \$25 for E-7s and below. Attire is dress-blue uniform or Class As with white shirt and black tie for military personnel and

formal wear for civilians. Respond by May 15 to Maj. Augustin McLamb: 370-5189, 06221-575189 or [mclamb@us.army.mil](mailto:mclamb@us.army.mil).

**Libraries**

**Grafenwoehr**  
Days of Remembrance, an

educational display to mark the 60th anniversary of the Allied liberation of Nazi concentration camps, will run May 1 to 8.

**Hohenfels**

The deadline to enter the pet photo contest is April 28. Winners will be on view May 2 to 7.

**Army Community Service Grafenwoehr and Vilseck**

Newcomers are invited to the next Welcome to Bavaria class, May 2 to 6, 8:30 a.m. to 3 p.m. Call 476-2650 to sign up.

**Hohenfels**

Breast-feeding basics will be taught May 3, 10 to 11:30 a.m. Register by calling 466-4860.

**Trips and tours**

- Shop for pottery in Poland May 14. The fee is \$49, and deadline to sign up is May 12, but early registration is advised. Passports are required.

- Visit the island castle of Chiemsee May 15. Fee of \$39 for adults and \$29 for children ages 3 to 12 does not include tour. Register by May 12.

For more details, about either, call Information, Tickets and Reservations at 475-7402 or 476-2295.

**Job opportunities**

- The Grafenwoehr Health Clinic has openings for registered and licensed practical nurses. Those interested should contact Preciosa Koepl at 475-7426 or [preciosa.koepl@wur.amedd.army.mil](mailto:preciosa.koepl@wur.amedd.army.mil).

- The New Parent Education and Support Program seeks home visitors for Vilseck and Grafenwoehr. Applicants must be licensed and have a master's of social work or a bachelor's of science in nursing, plus two years of field experience. E-mail resumes to [mariela.fernandez@ima-e.army.mil](mailto:mariela.fernandez@ima-e.army.mil) or fax to 06221-57-4091 or 370-4091. For more information, call 06221-57-7840 or 370-7840.

- Child and Youth Services needs gymnastics instructors. For more information, call Heather Adams at 476-3566.

# Troupe auditioning troops as actors, technicians

BY TIM HIPPS

USACFSC PUBLIC AFFAIRS

Bravo! Army Theatre Touring Company seeks five Soldiers to serve as cast and crew for its summer production of *Pvt. Wars*. Deadline for applications is May 6.

Written by James McClure, the play involves three Vietnam veterans recovering from injuries at an Army hospital. Roles include Woodruff Gately, a Forrest Gump-ish character; Silvo, a streetwise Italian-American; and Natwick, an intelligent and spoiled Long Island native ill-suited to military life.

"It's a dark comedy of three guys struggling with the realities of returning home after recovering from their war injuries," said Tim Higdon, Bravo! program manager. "It's a chance ... to use comedy that touches a deeper subject ... relevant even today."

Also needed are a stage manager, who would be responsible for props and costumes and possibly be an understudy, and a lighting-and-audio engineer.

Aspiring performers must submit a video cassette featuring their acting, singing and dancing skills, including a memorized

monologue at least three minutes long, as well as highlights from a previous production, if available. Commanders and field directors should recommend Soldiers who are mature, intelligent and cooperative.

Applicants must have at least 90 days in service remaining after Sept. 28 and be fully deployable worldwide with no health restrictions or family or legal issues, as the show might tour combat areas.

Submissions should be mailed to Army Entertainment Division, Attention: Bravo!, P.O. Box 439, Fort Belvoir, VA 22060.

Express Mail should be sent to Army Entertainment Division, Attention: Bravo! Auditions, 6091 Jackson Loop, Bldg. 1434, Fort Belvoir, VA 22060.

Rehearsals are scheduled for May 3 through June 16 at the Wallace Theater in Fort Belvoir, where the play will open with performances June 17 to 19.

Bravo! is an all-Soldier theatrical company that performs on military installations throughout the world.

For more details, contact Higdon at (703) 806-3698 (DSN 656-3698) or e-mail [timothy.higdon@cfsc.army.mil](mailto:timothy.higdon@cfsc.army.mil).



Photo by Tim Hipps

Staff Sgt. Joseph Madison, Spec. Donnie George and Spec. James Dreussi perform in Bravo! Army Theatre Touring Company's *The Complete History of America (Abridged)*, which they took to troops worldwide. A new cast and crew of five Soldiers are needed for their summer production, *Pvt. Wars*.

## German Culture 101

# May merrier with purloined poles, parent-praising occasions

BY MARTINA BIAS  
SPECIAL TO TRAINING TIMES

A German folk song goes, “*Der Mai ist gekommen, die Baueme schlagen aus*” (or “May has come, and the trees begin to sprout”). This idyllically merry month marks the official start of a warmer season in Germany, and festivities begin on the first day.

May 1 is known as “*Der Tag der Arbeit*,” or “day of work.” Akin to Labor Day in the United States, where unions demanded that an eight-hour day become law on May 1, 1886, it is a national holiday in many European countries. Germany has observed it since 1931.

A far more frolicsome May Day custom — and one with which most Americans will be familiar —

is the maypole. Originally made of birches, the first trees to sprout leaves each spring, most modern maypoles are spruces. Often a compromise is struck: a tall spruce topped with a small birch.

Since the 16th century, Germans have found towering spruces to decorate with green wreaths trailing colorful ribbons. Nowadays, the maypoles in many villages and towns also feature emblems of local clubs, landmarks and professions, such as bakers or butchers, as well as religious symbols and depictions of dancing couples.

Maypole practices vary according to region and commence with the felling of the tree. Some believe it must be cut to fall so that its tip is not damaged; if not,

it will lose its powers to safeguard the townspeople. Others believe that only a stolen tree will have this protective effect.

The bark is removed either because evil ghosts might lurk there, it is host to disease-carrying insects or, quite simply, a smooth pole is better for climbing. Where I grew up, toys were tied to the top, and each child shinned up to claim a prize.

Just as in centuries past, maypoles must be erected by man power alone; no machinery may be employed.

The most exciting tradition is the plunder of another village’s maypole. In many areas, this sort of turf war has raged for decades, and once citizens have stripped and decked their pole, only the

very foolish would leave it unguarded overnight. Pranksters are eager to appropriate a town’s totem, which they will hold for a hefty ransom to be paid in the form of *Bier*.

Throughout the day, revelers sing, dance and feast at the foot; afterward, the maypole might be left to stand all summer or taken down around Pentecost.

The next occasion on the German calendar is Father’s Day, which always falls on the Thursday of Ascension Day (May 5 this year). Unfortunately, the date is not the only difference from its American counterpart in June. Here, it is less a family tribute to doting dads than an excuse for men to go out with the guys and drown their sorrows over a lack of

appreciation, real or perceived. This results in groups of men on foot, bicycle or trailer meandering through the countryside — almost always with a keg in tow. Belting out their drinking songs, they carouse their day away.

German Mother’s Day, on the other hand, is on the second Sunday in May, as in the United States, and similarly celebrated. Mothers are given presents and taken out for a big lunch at a local *Gasthaus*.

*If you have ever wondered why Germans do certain things, or if you have a favorite German dish and would like to recreate it at home, e-mail your questions and comments to martina.bias@us.army.mil. One of your suggestions could be used for a future column.*

## Dumplings satisfying sops when ‘Broetchen’ grow stale

BY MARTINA BIAS  
SPECIAL TO TRAINING TIMES

Bread dumplings are among the most popular German side dishes — the perfect accompaniments to a Sunday roast or other meat dishes featuring a tasty gravy to absorb. Unlike American stuffing balls, *Semmelknoedel* (literally, “hard roll dumplings”) and *Serviettenknoedel*, or “napkin dumplings,” are more subtly seasoned and meant to compliment the flavor of the sauce, not overpower it.

The difference between the two lies mostly in their shape and size. *Semmelknoedel* are tennis ball-sized spheres, and each person is usually served one or two. A *Serviettenknoedel* (also called “*Serviettenkloss*”) is one large dumpling cooked in a big napkin (hence the name) or dish towel and cut into slices or wedges.

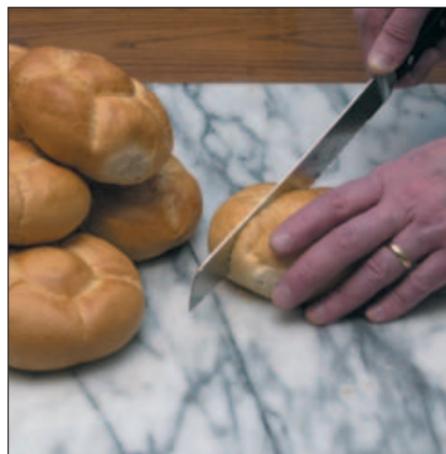
To be authentic, bread dumplings should be made from day-old *Semmeln* or *Broetchen*, but you can substitute white bread with its crusts intact. The bacon and herbs in *Semmelknoedel* give them a more robust flavor, but the texture of *Serviettenknoedel* is lighter. Try both to decide which you prefer, perhaps with the *Rouladen* from the previous issue. In the next, recipes for red cabbage and salad greens with vinaigrette will round out your German meal.

*Guten Appetit!*

### *Semmelknoedel*

8 day-old *Semmeln* or *Broetchen*, cubed (or 16 cups cubed white bread with crusts)  
2 cups milk  
4 slices bacon, chopped  
1 small onion, chopped  
4 tablespoons finely chopped fresh parsley  
3 eggs, beaten  
1/2 teaspoon salt  
1/8 teaspoon nutmeg

Place bread in large bowl. Heat milk to boiling and pour evenly over the cubes. Let



To make the *Gasthaus* staple *Serviettenknoedel*, day-old rolls are cut into cubes (top left), and hot milk is poured over them (top center). After eggs have been added, the ingredients are mixed well by hand (bottom left). The resulting dough is turned out onto a linen or cotton dish towel or *Servietten* (the German word for napkin, whence comes its name) that has been spread with butter and bread crumbs (near left). Finally, the whole thing is tied up (above) and boiled.

Photos by Cara Matlock

stand until cool enough to handle.

Meanwhile, cook bacon, onion and parsley in a saucepan until onion is translucent. Let mixture cool, then add this, along with eggs and seasonings, to soaked bread and mix well by hand.

Bring a large pot of slightly salted water to a boil.

Wet hands with cold water and form medium-sized dumplings from the mixture. Drop into boiling water, turn off the heat, cover and let steep 20 minutes.

Remove with slotted spoon to serving platter or bowl.

Yield: 10 to 12 dumplings

### *Serviettenknoedel*

6 day-old *Broetchen*, cubed (or 12 cups cubed white bread with crusts)  
2 cups milk  
4 eggs, beaten  
2 to 3 tablespoons butter or margarine  
1/4 to 1/2 cup unseasoned bread crumbs  
Large cotton or linen napkin or dish towel  
Kitchen string

Place bread in large bowl. Add eggs and milk and mix by hand until cubes are thoroughly moistened.

Spread butter on middle of napkin and sprinkle with bread crumbs to prevent

sticking. Place dough in center and tie into a ball, leaving room for dumpling to expand as it cooks.

Choose a pot large enough for dumpling to float freely. Fill pot with water, salt slightly and bring to a boil. Drop dumpling into water, cover partially and boil for one hour. Remove from water, carefully unwrap the scalding-hot dumpling immediately and slice it. Serve right away. Do not let dumpling sit in water to keep it warm, which would make it soggy. It is, however, normal for the dumpling to fall a bit after it has sat for a moment.

Yield: Six to eight slices

# playtime

## Students make tracks

During a track-and-field meet in Hanau, Germany, April 2, two members of the Vilseck track team qualified for the European trials: shot-putter Shannon McGlaughlin with her throw of 32 feet, eight inches, and Van Foster for his long jump of 19 feet, four inches.

## Race through 'the box'

The annual Hohenfels Box Run is set for April 30. Participants can choose from routes of 22 (half-marathon), 10 or 3 kilometers, all of which will wind through the scenic "box," or training area.

Registration will be conducted at the Volksfest tent (see page 9), 7 to 8:15 a.m. The fee is \$20 or 20 euros. The run will begin at 8:30.

For more information, call Chief Warrant Officer Doug Hettler at 466-2224.

## Welcome run

As part of the 3rd Brigade's homecoming events (see page 1), the Duke Trot for 3rd BCT Soldiers, as well as those from tenant units, is planned for May 3, beginning at 10 a.m. in the Vilseck Post Exchange parking lot.

Spouses, family members and civilian employees are encouraged to join students from the elementary and high schools in cheering athletes on along the six-kilometer route, and rock music will be piped from speaker towers at various points.

Other units should contact the 3rd Bde. S-3 to participate.

## Umps, sluggers sought

Vilseck will host a softball clinic and tournament May 3 to 8. According to Dan Fraizer, 409th Base Support Battalion recreation assistant, officiating is a great way to be an active member of the community and earn extra cash.

After the clinic, a double-elimination tourney May 5 to 8 will give new umpires a chance to practice. There is no fee to participate, and players will receive T-shirts. Trophies will be awarded to the top three teams and to each member of those in first and second places.

To enter, unit-level teams should call Rose Barracks Fitness Center at 476-2998 or Grafenwoehr Field House at 475-8361.

## Line on local fishing

German law requires every fisherman to have a license, and an opportunity to obtain one will be Outdoor Recreation's next course, May 16 to 21, 6 to 9 nightly, in Vilseck (location to be announced).

Those who have licenses may cast their lines into S-5 Lake May 8, 6 to 11 a.m.

Outdoor Rec also runs a youth fishing program, with excursions the last Friday of each month through October.

For more information about classes or events, call 475-7402.

## Hit streets for health

To put the community in the mood for the 409th Base Support Battalion Health and Fitness Fair (see page 4) May 12, Col. Richard Jung, 100th Area Support Group commander, will lead a fun run, beginning at 8 a.m.

The two-kilometer route will begin in the Grafenwoehr Field House parking lot. Everyone is invited to join in by jogging, power walking or pushing a baby stroller.

For more information, call Shellby Jones, 100th ASG health promotion coordinator, at 475-8433, or the Sports and Fitness department at 475-8207.

## Soccer sign-up

League registration for the U.S. Army-Europe community-level soccer season is set for May 9 through June 10.

For more information, call 475-8361 or 476-2998.

## Catch the craziness

Vilseck will host the Midnight Madness Softball Tournament May 27 to 29. The single round-robin, double-elimination tourney is open to the first 24 teams that sign up, and entry is free.

Participants will receive commemorative T-shirts. Trophies will go to the first-, second- and third-place teams, as well as each player on those named champion and runner-up.

To register, unit-level teams should call 476-2998 or 475-8361.

# Vilseck's soccer teams rough-ride over Bison

BY KATHY JORDAN  
TRAINING TIMES STAFF

Vilseck soccer teams took on Mannheim April 2, defeating or tying them in each of four bouts.

The varsity boys beat the Bison, 2-0, with Falcons D. J. Rodgers and Steven Tracy scoring goals in the first 12 minutes. Charles Osiang made assists, and goalie Kevin Pollock had 12 saves. Mannheim statistics were not available.

"After the initial 12 minutes, it was a hard-fought battle," said boys' varsity coach Robert Piccaro, "but I still think we dominated play."

Fleet footwork by Jamaal Johnson, Kevin Mennona, Pollock, Steven Tracy and Aaron Vernon ensured the Falcons' win.

"We played together as a unit, and I think that made a difference," Piccaro said.

The junior varsity boys tied with Mannheim, 3-3. Bobby Bohn, Doug Hitchens and Mike Klein each made a goal.

"The boys' junior varsity is improving by leaps and bounds each week, especially our converted basketball players, Devon Douglas and Mike Klein,"

said Piccaro.

The Lady Falcons' game also ended in a tie: 2-2. Before halftime, goals by Vilseck's Jeannette Cortez and Bison Tayeshia Jackson put the score at 1-1. In the second half, Jordan Hendrix of Vilseck scored, as did Mannheim's Sarah Griggs, leaving the match a draw.

For the Lady Falcons, Becky Linka had two assists, and Veronica Johnson had one. Liz Watsek made nine saves. Offensive plays by teammates Jessica Linka and Lacey Wallens, combined with Cathy DeLaRosa's defense, kept them in the game. Mannheim's Shumila Moore made eight saves.

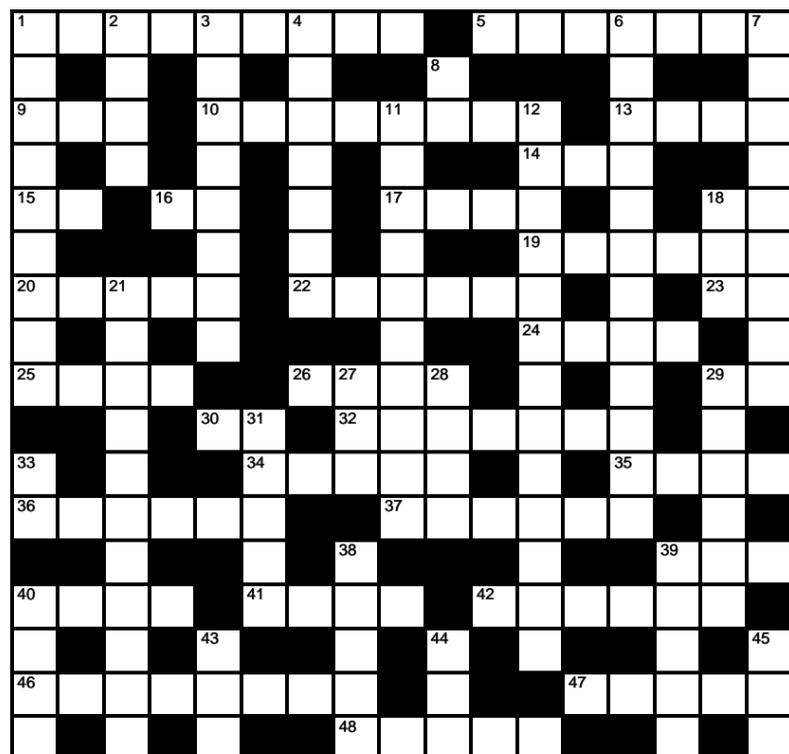
"This year, we have an awesome girls' team with lots of skill," said assistant coach Denise Keys. "They are becoming more cohesive as a team as they learn each other's strengths and weaknesses."

The Vilseck junior varsity girls defeated the Bison, 2-1, with Amanda Chavis' goal in the first half and Simona Womak's during the second. Jennifer Clark made four saves.

Statistics for the Mannheim team were unavailable.

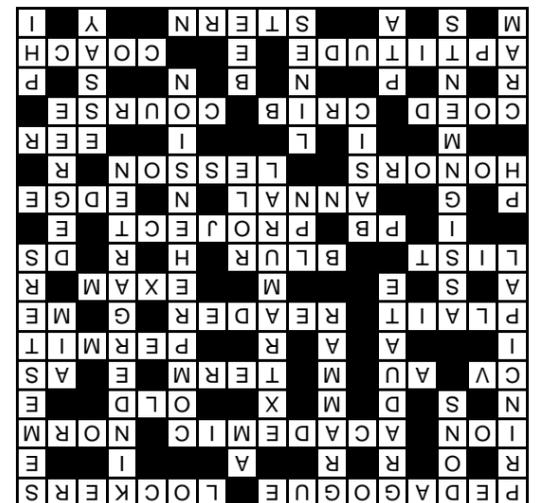
# Crossword

Prep for National Teacher Appreciation Week, May 1 to 7, testing your knowledge of facts, historical figures and all things educational

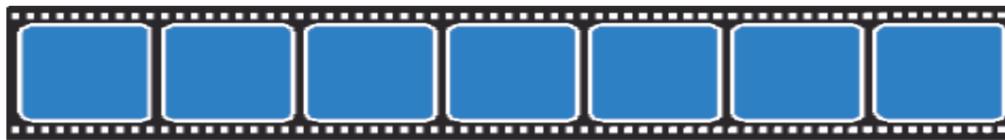


- |    |   |    |                              |    |                                       |    |                                    |
|----|---|----|------------------------------|----|---------------------------------------|----|------------------------------------|
| 16 | Chemical symbol for gold  | 30 | Makes popular lunch with "J" | 11 | Beyond campus boundaries              | 38 | Queues, as in cafeteria            |
| 17 | Tenure  | 32 | Science one sort             | 12 | Understanding                         | 39 | Composition                        |
| 18 | "Educated men are ___ much superior to uneducated men ___ the living are to the dead." (one word) - Aristotle   | 34 | Record of activities         | 18 | Goal                                  | 40 | Prepare, post-procrastination      |
| 19 | Authorize   | 35 | Advantage                    | 21 | Tasks                                 | 43 | Overarching organization (abbr.)   |
| 20 | Once dipped in inkwells by urchins  | 36 | Accolades                    | 27 | Nurse's conferral                     | 44 | Occasionally competitive gathering |
| 22 | Anthology   | 37 | Homework                     | 28 | Function                              | 45 | ___ Beta Kappa                     |
| 23 | "In grade school ... I wanted to be a social worker or a missionary or a teacher. Then I got involved with tennis, and everything was just ___, ___, ___." (one word) - Chris Evert | 39 | "Ever," poetically           | 29 | Signified by diploma                  |    |                                    |
| 24 | Quiz  | 40 | Female collegian             | 31 | Fundamental                           |    |                                    |
| 25 | Dean's, e.g.  | 41 | Cheat                        | 33 | Determined during litmus test (abbr.) |    |                                    |
| 26 | School days, in retrospect  | 42 | Linked lectures              |    |                                       |    |                                    |
| 29 | Dentists have doc-  | 46 | Innate ability               |    |                                       |    |                                    |
|    |   | 47 | To train                     |    |                                       |    |                                    |
|    |   | 48 | Strict                       |    |                                       |    |                                    |
- Down**
- Chief
  - Professors
  - Capped by mortarboard
  - System of syntax
  - German preschool
  - Two per year
  - "I think; therefore, I \_\_\_." - René Descartes, French philosopher

- Across**
- |   |              |    |                    |    |                                      |
|---|--------------|----|--------------------|----|--------------------------------------|
| 1 | Schoolmaster | 9  | Subatomic particle | 14 | Traditional                          |
| 5 | Book bins    | 10 | Theoretical        | 15 | Qualifications, collectively (abbr.) |
|   |              | 13 | Standard           |    |                                      |



# now showing



Unless otherwise noted, the theaters in Grafenwoehr and Hohenfels are closed on Mondays and Tuesdays, and movies begin at 7 p.m. Because schedules are subject to change by local theaters, please telephone for verification.

**Grafenwoehr, Camp Aachen  
(09641-83-6115)**

The theater does not regularly screen films because of its limited use by troops. Tune in to AFN Bavaria for announcements or phone the number above to hear a recording of the latest schedule.

**Grafenwoehr, Tower  
(09641-83-1790)**

**Wednesday, April 27** *Are We There Yet?* (PG)  
**Thursday, April 28** *Hide and Seek* (R)  
**Friday, April 29** *Miss Congeniality 2: Armed and Fabulous* (PG-13)  
**Saturday, April 30** *Amityville Horror* (R)  
**Sunday, May 1** *Son of the Mask* (PG)  
**Wednesday, May 4** *Hitch* (PG-13)  
**Thursday, May 5** *Sahara* (PG-13)

**Friday, May 6** *Beauty Shop* (PG-13)  
**Saturday, May 7** *The Aviator* (PG-13)  
**Sunday, May 8** *A Lot Like Love* (PG-13)

**Vilseck, Mike Jurkewicz  
(09662-83-1790)**

**Tuesday, April 26** *Assault on Precinct 13* (R)  
**Wednesday, April 27** *In Good Company* (PG-13)  
**Thursday, April 28** *The Wedding Date* (PG-13)  
**Friday, April 29** *Hide and Seek* (R)  
**Saturday, April 30** *Miss Congeniality 2: Armed and Fabulous* (PG-13)  
**Sunday, May 1** *Hitch* (PG-13)  
**Monday, May 2** *Boogeyman* (PG-13)  
**Tuesday, May 3** *Son of the Mask* (PG)  
**Wednesday, May 4** *Because of Winn-Dixie* (PG)  
**Thursday, May 5** *The Aviator* (PG-13)

**Friday, May 6** *A Lot Like Love* (PG-13)  
**Saturday, May 7** *Beauty Shop* (PG-13)  
**Sunday, May 8** *Constantine* (R)  
**Monday, May 9** *Because of Winn-Dixie* (PG)

**Hohenfels, General Patton  
(09472-83-1790)**

**Wednesday, April 27** *Boogeyman* (PG-13)  
**Thursday, April 28** *Hide and Seek* (R)  
**Friday, April 29** *Beauty Shop* (PG-13)  
**Saturday, April 30** *Sahara* (PG-13)  
**Sunday, May 1** *The Aviator* (PG-13)  
**Wednesday, May 4** *The Pacifier* (PG)  
**Thursday, May 5** *Because of Winn-Dixie* (PG)  
**Friday, May 6** *Sahara* (PG-13)  
**Saturday, May 7** *Amityville Horror* (R)  
**Sunday, May 8** *Boogeyman* (PG-13)

previews • previews



**Amanda Peet and Ashton Kutcher find themselves driven together over and over in *A Lot Like Love*.**

***A Lot Like Love***

Starring Ashton Kutcher, Amanda Peet, Kathryn Hahn  
 This romantic comedy traces the relationship of a man and a woman who meet, only to declare that they are completely wrong for each other. Over the next seven years, however, fate repeatedly suggests otherwise.

***Amityville Horror***

Starring Ryan Reynolds, Melissa George, Philip Baker Hall  
 Thirty years after the shockingly true events that inspired one of the most popular horror movies of all time, revisit the house that started it all.

***Are We There Yet?***

Starring Nia Long, Ice Cube, Jay Mohr  
 A man takes a riotous road trip with the children of a woman he wishes to impress.

***Assault on Precinct 13***

Starring Ethan Hawke, Laurence Fishburne, Maria Bello  
 In this update of the 1976 action thriller, a few cops in one of Detroit's oldest precinct houses defend it against a racketeering squad determined to free an imprisoned crime lord.

***The Aviator***

Starring Leonardo DiCaprio, Cate Blanchett, Kate Beckinsale  
 Martin Scorsese chronicles the life of Howard Hughes in the 1920s and '40s, when the eccentric billionaire made some of his greatest contributions to films and aviation.

***Beauty Shop***

Starring Queen Latifah, Alicia Silverstone, Djimon Hounsou  
 The head hairdresser from *Barbershop* moves to Atlanta, where she opens her own salon with a colorful crew of stylists and a piano-playing electrician.

***Because of Winn-Dixie***

Starring Jeff Daniels, AnnaSophia Robb, Cicely Tyson  
 Based on the Newberry Award-winning novel, this film tells of a lonely young girl, the abandoned dog she rescues and the townspeople they inspire to change their lives for the better.

***Boogeyman***

Starring Lucy Lawless, Skye McCole Bartusiak, Barry Watson  
 A young man haunted by visions of the childhood myth devouring his father spends the night in his parents' house to confront his fears.

***Constantine***

Starring Keanu Reeves, Rachel Weisz, Max Baker  
 A man who has been reincarnated after suicide must earn his salvation by sending demons back to the depths.

***Hide and Seek***

Starring Robert De Niro, Dakota Fanning, Famke Janssen  
 The children's game becomes a nightmare when a young girl's imaginary friend turns out to be a malevolent flesh-and-blood presence.

***Hitch***

Starring Will Smith, Eva Mendes, Amber Valletta  
 A professional — and resolutely anonymous — bachelor who helps other men woo the women of their dreams falls for a gossip columnist whose biggest scoop could be blowing his cover.



**The house that hack built is back in *Amityville Horror*.**



**AnnaSophia Robb gains an appreciatively captive audience in the book adaptation *Because of Winn-Dixie*.**

***In Good Company***

Starring Dennis Quaid, Scarlett Johansson, Topher Grace  
 A successful advertising executive is doubly infuriated when the cocky young upstart hired to replace him begins dating his daughter.

***Miss Congeniality 2: Armed and Fabulous***

Starring Sandra Bullock, Regina King, Enrique Murciano  
 Having become a media celebrity, the FBI agent-cum-beauty queen leaves the talk show circuit to rescue the pageant winner and its emcee, both of whom have been kidnapped.

***The Pacifier***

Starring Vin Diesel, Lauren Graham, Faith Ford  
 A Navy SEAL who thinks himself fit for any mission is assigned to baby-sit the five children of a scientist killed while working on a top-secret government project.

***Sahara***

Starring Matthew McConaughey, Penelope Cruz, Steve Zahn  
 A master explorer embarks on a hunt for a long-lost Civil War battleship. Accompanying him on his perilous trek through Africa are a wisecracking sidekick and a dishy doctor.

***Son of the Mask***

Starring Alan Cumming, Jamie Kennedy, Bob Hoskins  
 In this sequel to the cartoonish 1994 hit, a father realizes that his son was conceived under the powers of the mask, as the boy becomes an uncontrollable little fiend.

***The Wedding Date***

Starring Debra Messing, Dermot Mulroney, Jack Davenport  
 When a woman hires someone to play her boyfriend for the wedding of her younger sister to her ex-flame, she finds herself attracted to her escort.